

RELIEF FOR COMMON PREGNANCY DISCOMFORTS



NAUSEA AND VOMITING (MORNING SICKNESS)

- Eat small meals 4-6 times a day.
- Drink liquids between meals rather than with meals.
- Avoid spicy, greasy or fried foods.
- Eat crackers, dry toast, dry cereal or hard candies before getting out of bed.
- Try to avoid cooking odors and open windows to get rid of odors.
- Try drinking caffeine free carbonated beverages between meals to relieve nausea.
- Get plenty of rest at night and during the day.
- Don't take any medicine for nausea without your doctor's approval.

HEARTBURN

- Eat 4 to 6 small meals a day.
- Eat slowly and chew food well.
- Avoid spicy, greasy or fried foods.
- Relax and avoid tension during meals.
- Wear loose-fitting clothes.
- Don't lie down immediately after eating.
- Don't take any medicine for heartburn without your doctor's approval.

CONSTIPATION

- Drink 8 to 10 cups of liquids, including water, juices, milk, etc. a day.
- Get plenty of exercise.
- Eat whole grain breads and cereals, and brown rice.
- Eat raw fruits and vegetables.
- The above suggestions may help if you are having difficulty with hemorrhoids. If the problem continues, talk with your nurse or doctor.
- Don't take any medicine for constipation without your doctor's approval.
- Don't take home remedies.



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